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News Release

FOR IMMEDIATE RELEASE

March 29, 2010

VA Black Hills Health Care System to Host Women Veterans Health Fair

The Department of Veterans Affairs (VA) Black Hills Health Care System invites women Veterans from all eras to participate in their “Health and Wellness: Spring into Motivation” Women Veterans Health Fair. The event will take place at Rapid City Regional Hospital on Saturday, April 17, 2010.

The Health Fair will be held in the East Auditorium at Rapid City Regional Hospital (Front of Hospital – Dialysis Entrance) from 12:00pm – 4:00pm. The Fair will feature activities, educational booths, door prizes and the following speakers and topics focused on issues specifically related to women’s health:

- 12:30-1:00 *Using Activity to Rejuvenate Your Soul – Aleen Golis, APRN, NP-BC*
- 1:15-2:00 *Motivation: Set a Goal – Barbara Fetters, MD*
- 2:15-2:45 *Women & Nutrition: Mindful Eating – Marni Whalen, RD*
- 3:00-3:20 *Yoga Demonstration – The Yoga Studio of Rapid City*
- 3:30-3:50 *Sex in Your Golden Years – Jan Hines, PA*

There is no fee to attend the Health Fair, dress is casual and healthy snacks and bottled water will be provided. The Fair is sponsored by the VA Black Hills Health Care System’s Women Veterans Health Care Advisory Committee, MOVE! and Health Promotion and Disease Prevention Programs and Rapid City Regional Hospital.

For more information please contact Amy Vannatter, VA Black Hills Women Veterans Program Manager at (605) 720-7247.

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